

Essay: Do We live in an Age of Anxiety

OUTLINE:

1) Introduction:

Thesis Statement:

2) Background of anxiety ~~in our history.~~ **Unclear argument**

(3) We live in an age of anxiety {Thesis}.

(3a) Rising anxiety disorders, depression, and reliance on coping mechanisms like medication and therapy. **Correct the sentence structure**

(3b) Constant connectivity and social media contribute to anxiety.

(3c) Political turmoil and economic instability apex anxiety level.

(3d) The increasing cost of living, growing inflation, and lack of job stability contribute to anxiety.

(3e) Anxiety also increases because of political instability, wars, and global conflicts. **Repetition of idea**

(4) We live in an age of resilience and growth. {Anti-thesis}

(4a) Improve awareness and support for mental health through any platform.

(4b) Constant connectivity as a source of empowerment.

(4c) Resilience amid political and economic challenges.

(4d) There is economic growth and opportunities in many ~~terms/fields~~.

(4e) There is global collaboration which can reduce wars **and** conflicts, etc.

(5) We live in an age where anxiety fuels resilience and growth. {Synthesis}.

(5a) Mental health awareness counters rising disorders.

(5b) Social Media is both a stressor and a connector.

(5c) Economic challenges stimulate/spur innovation.

(5d) Rising costs coexist with new opportunities.

(5e) Global conflicts and collaboration coexist.

(6) Conclusion

Keep practicing on different topics